100 WARTBURG BLVD., WAVERLY, IA 50677

CHANGE SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE
PAID
WARTBURG COLLEGE.

WARTBURG TRUMPET

November 21, 2016 | For more news, visit www.wartburgcircuit.org | Volume 111, Number 10

International students concerned about future

GABRIELLE OLEJNICZAK *STAFF WRITER*
g.olejniczak@wartburg.edu

It's been over a week since America made its choice. Donald J. Trump will become the next president of the United States.

Helen Leong

While some are content with the decision, others, particularly international students at Wartburg, are left wondering what exactly a Trump presidency means for them.

"The election results have made many of our students concerned about what the future will be and how the United States will move forward in the program and process of welcoming international students to the United States," Director of International Student Services, Helen Leong, said.

After the election results were finalized, Leong sent out an email to international students reassuring them that there will be no immediate changes and that they are safe in their status as an international student in the United States.

"President-elect Trump has not made any indication that international students are not welcome or part of a program that he doesn't support, so at this time I don't see anything coming out that suggests anything that we are doing is not what will continue to be done," Leong said.

Sakhi Mphahlele is among the group of international students concerned about the results of the election.

"The first words that I would use to describe how I felt about the results of the election are: definitely surprising," Mphahlele said.

"If you compare the moral ethics of the two candidates, we would never have expected the electoral vote to go toward the republicans."

Mphahlele said he appreciates the way that Wartburg has handled the situation.

"I appreciated President Colson's letter assuring us despite the outcome of these elections there hasn't been a breach of our safety. He reassured us that we are legally in the country and that there is little to nothing that could be done to change that," Mphahlele said.

"Even though we still feel a bit uncomfortable, it isn't going to be as bad as some people think."

Mphahlele also expressed his appreciation toward Leong's email.

"The main thing I want to get across to all our students is that international students have historically been a really big part of the Wartburg story," Leong said.

▸ **Reaction to Trump p. 3**

Wartburg students and faculty stand united despite differences amidst protests and riots throughout Iowa. —**Brett Schwickerath**/*TRUMPET*

Campus reacts to presidential election

Students and faculty preach respect, understanding and education in response

MAYA WEATHERALL
maya.weatherall@wartburg.edu

Wartburg has provided a safe place for students to discuss their opinions and views post-election.

Daniel Kittle

With protests and riots breaking out nationally, Wartburg continues to let students exercise their freedom of speech.

"I think Wartburg's students have responded well, I have personally witnessed a number of difficult, honest and civil conversations," Daniel Kittle, vice president for Student Life and dean of students, said.

According to the Des Moines Register, on Nov. 11 more than 100 student protesters shut down Interstate 80 near Iowa City.

Marching from downtown Iowa City the protesters walked down the ramp onto the interstate, blocking eastbound traffic for nearly 30 minutes, protesting the results of the presidential election earlier this week.

Three hours earlier in a separate protest, nearly 200 students walked out of class at City High School, marching from the school to the pedestrian mall in downtown Iowa City, according to the Des Moines Register.

Chris Knudson, director of creative strategy, said protesters should be held responsible.

"There is a difference between protesting and putting yourself in a dangerous situation. I don't have any problem with the protests themselves, but it is irresponsible and dangerous to have protests shut down a highway, both for the protestors and the people driving," Knudson said.

Knudson also said the protests that are happening have not led to anything positive.

"I feel all it is doing is bringing more negativity, more isolationism, and separating of people," Knudson said.

Madde Burma, third year, argued that the protests are allowing people to exercise their right to speak up.

"These rights were also exercised when Obama was elected so I don't see any issue with them. If you have a voice, use it," Burma said.

> *"I would like Student Life to be a place for students to find their voice and ask questions."*
>
> *— Daniel Kittle*

Queensley Odei, third year, said the first step to any protest is educating one's self.

"I think it allows students and faculty to have hard conversations with individuals," Odei said.

"I know for me it is relatively hard because I know I am going to have to accept the criticisms, but is good to educate myself before I go out and do anything. It allows a person to be open minded to that education whether you support it or not."

Burma said Wartburg's mission statement demonstrates what should be happening on campus.

"Our mission statement says we are dedicated to challenging and nurturing students. The word challenging is very crucial. We are not a college where you come to be comfortable, this college is going to challenge you, not only in academic ways, but in social and political ways as well," Burma said.

Kittle agreed and cited Wartburg's mission statement as well.

"The charge within our mission statement talks about leading lives of service and leadership and to do so, as a spirited expression of our faith and learning, both faculty, staff and students," Kittle said.

"I would like Student Life to be a place for students to find their voice and ask questions. My colleagues and I want to provide a place for students as well."

Wartburg student Jesse Kielman elected to county office

MEG HARPER *NEWS EDITOR*
meg.harper@wartburg.edu

Wartburg student Jesse Kielman was recently notified he'd been elected as Soil and Water Commissioner for Bremer County.

Kielman, a senior journalism and communication major, said he will join the commission after the first of the year.

Kielman said he is still in the process of learning more about the position and what will be expected of him.

"One of the nuances of a campaign of this nature is that you don't know much about it until afterwards," Kielman said.

He said when it was announced that he won, he got a call from the organization and learned that he couldn't actually be a voting member of the commission because someone from Waverly was already serving.

"However, I'm still going to be a member of the commission in a non-voting capacity, which will allow me to learn from them and use my skills to help them, while also not locking me into the four-year term."

Kielman's spontaneous campaign started when his mom came home and told him she'd written him in because no one else ran and she knew how passionate he was about it.

Kielman said his mom did it jokingly, but when he said how cool it was she posted it on Facebook. He then put up a couple fun posts asking people to consider writing him in.

And just like that, it took off.

"A frenzy of excitement started to happen throughout the day. People were following the posts, commenting and sharing. It's amazing how many people can quickly be connected on Facebook!" Jayne Kielman, Jesse's mother, said.

Jayne Kielman believes her son will be great in his new position.

Kielman posted a couple fun posts on Facebook asking people to write him in on election day. — **Submitted photo**

"I am hoping this will provide a stepping stone for him. Many people throughout his life have told him he would be great in politics and now perhaps this will provide a way to plug in!" Jayne Kielman said.

"I would love to see Jesse sharing his passion and talents not only at a county level but at a state level too."

Kielman hopes to use the skills he's learned from Wartburg to better inform the public.

"The organization hasn't done a great job of informing the public; they don't even have a website. So, I'm hoping to help them take some steps forward to inform the public about what they're doing," Kielman said.

"I think when more people can understand the issues and their effects, we can all work together to find the best solutions to the issues we're facing."

Wartburg hosts fourth annual 6th Grade Science Day

MEG HARPER *NEWS EDITOR*
meg.harper@wartburg.edu

Hundreds of sixth graders will be on Wartburg campus Monday, Nov. 21 for 6th Grade Science Day.

Waverly students are coming to Wartburg to learn about engineering, biology, chemistry and physics through hands-on and inquiry-based lessons.

"The 6th Grade Science Day is a 'symposium-style' academic conference for the Waverly sixth-grade students to come to Wartburg and participate in STEM (Science, Technology, Engineering and Mathematics) lessons taught by our undergraduate students," Dr. Michael Bechtel, assistant professor of science education at Wartburg, said.

Bechtel said the students who teach the lessons come from Dr. Matt Zart's IS class, Dr. Leilani Zart's IS class, his Secondary Science Methods course and his Elementary Science Methods course.

Dr. Bechtel said the program will have 19 different hands-on, NGSS (Next Generation Science Standards) aligned lessons.

Wartburg biology student, Emily Carroll, helped Dr. Bechtel and other STEM professors organize the event. Her job has been to prepare the format of the event and delegate duties.

"Some examples of the activities you might see are: building structures with toothpicks, creating a cell diagram, and making a catapult to teach force and motion. There are also some cool chemistry experiments where students will get to make goo while learning about chemical and physical changes!" Carroll said.

Carroll said a total of 188 sixth grade students from both the WSR Public Middle School and St. Paul's Lutheran School will participate in the program.

She said there will also be 71 total Wartburg students involved with the day; 30 of the students are education majors and 41 are non-education majors.

"We believe science, technology, engineering, and math (STEM) are four very important areas in our education system today. Within STEM areas, students can truly embrace their innate curiosity and ability to discover new things. We want our students to leave the day with a growth mindset and ability to work with their peers collaboratively. Our main goal for these lessons is to show students how fun science can be while still learning," Carroll said.

Carroll said during 6th Grade Science Day, students will be able to see STEM areas in a different light and learn to love the challenges that these areas might bring.

Dr. Bechtel said he believes bringing the youth to Wartburg shows them there is a place they can go to learn and have fun.

"I know the students enjoy being on campus, as I have been told by the teachers, students and parents. Wartburg College is very open to our Waverly community and this is just one of the several opportunities for others to witness what we have to offer," Bechtel said.

He said the overarching goals are that our youth realize the "awesomeness" of science, the connections between their education and their futures, and (most importantly) learning is fun.

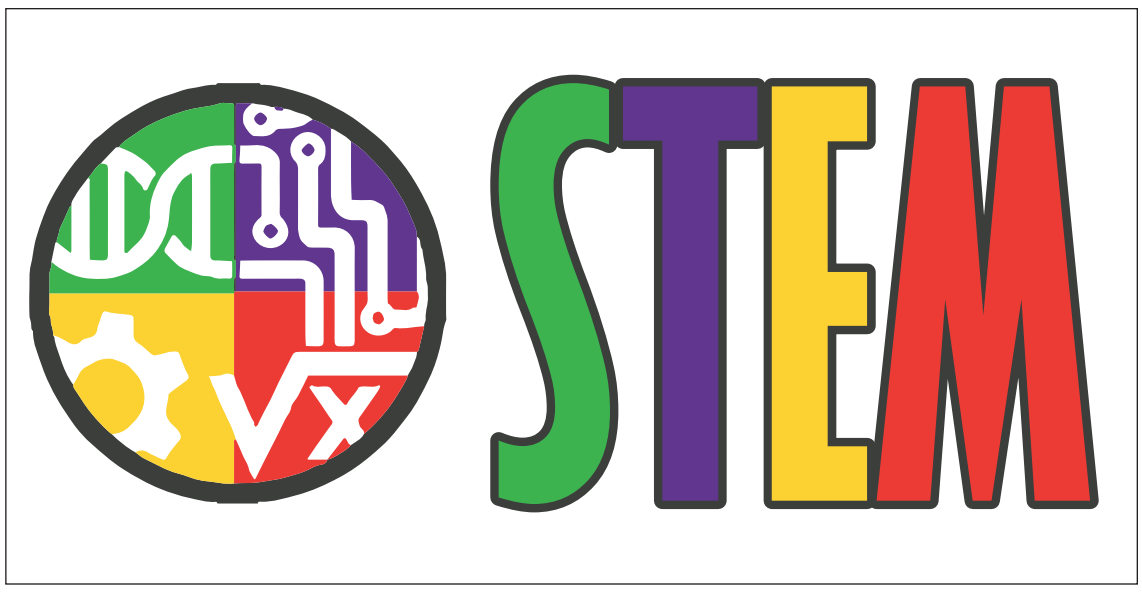
"Although I believe the 6th graders receive a benefit; I know that our Methods students gain an amazing experience," Bechtel said.

Bechtel said the Science Methods students participate in a wide array of educational field experiences (Postville visitations, Community STEM Conventions, Amish school teaching, Home School science lessons, after school programs, classroom presentations, etc).

"The 6th grade Science Day helps the Methods students go one step further by moving into a metacognitive level, understanding how students learn and how to teach others to teach. Wartburg College's pre-service education program is founded on offering and providing amazing diverse field experiences and teaching opportunities," Bechtel said.

Carroll agreed with Bechtel and said this day is truly a great way for us as students to get some opportunities that we wouldn't have been offered at other institutions.

"It's another great reason why Wartburg is 'Worth It!' We love giving back to the community and being able to use what we have learned in our courses and apply it to the real-world."

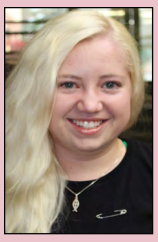


6th Grade Science Day is an academic conference for the Waverly sixth-grade students to come to Wartburg and participate in STEM (Science, Technology, Engineering and Mathematics). The lessons are taught by Wartburg students and faculty. — **Brett Schwickerath**/*TRUMPET*

Safety pin movement at Wartburg

CODY SNIDER *STAFF WRITER*
cody.snider@wartburg.edu

Many students and staff have been spotted wearing safety pins around campus, following the election of Donald Trump.



Rachel Perkins

The safety pin movement has been started to show a symbol of solidarity with minorities who may feel unsafe following the election.

Rachel Perkins, a Wartburg student who supports this movement, wears her safety pin to show her support.

"It's a symbolization stating that you are a safe person for people who feel they are marginalized," Perkins said.

The movement was started on campus by pastor Brian Beckstrom, who feels students need a way to show their support for each other.

"I was looking for something we could do, something to bring people together regardless of who they voted for. We want people to know we're here to support them, even if they feel unsafe," Beckstrom said.

It was initially a movement that began in the United Kingdom following the Brexit vote, and was brought to the United States after some of the attacks against people of different sexual orientations, and people of diverse racial backgrounds.

Beckstrom said he feels the movement may not take away the fear people have, but he hopes it gets us talking about other ways we can speak out against acts of hate.

"If it does anything at all to help our students know they're respected, cared for and loved, then I think it's a good thing," Beckstrom said.

Pastor Ramona Bouzard also supports the movement, proudly wearing a safety pin, and feels something as simple as a safety pin can help spark conversation among students.

"I know students who are on both sides of the political spectrum who have taken them, because they want to listen to each other," Bouzard said.

Bouzard says that the hardest part about getting people with differing opinions to connect with each other is the listening aspect,.

She said people tend to be focused on what they're going to say next instead of simply listening to what others have to say.

Perkins said she feels this movement has helped Wartburg's campus because of the many shared reactions on campus. She has seen a lot of fear, and hopes this movement sparks amongst people who may not realize what minorities have been through.

Perkins feels that people simply need to take a step back, and look at the situation from other peoples' perspectives.

"Put yourself in the shoes of the people who are marginalized. I think people should take a step back and realize that these fears are real, and then maybe it would be easier to see why we need to let others know we are here for them," Perkins said.

The LS 115 group considered other spaces such as the Chapel Commons and the classrooms in Grossman for their project, but have put most of their focus on the library. — **Jordan Thomas**/*TRUMPET*

24/7 campus study area proposed

JORDAN THOMAS *STAFF WRITER*
jordan.thomas@wartburg.edu

A group of five LS 115 students are trying to leave their mark on Wartburg's campus by creating a project to implement 24-hour study areas.

Kennedy Haut, Grant Gage, Lacie Sleezer, Tyler French and Victoria Hall-Green have been working with Curtis Brundy, the Vogel Library director, to transform the second floor of the library into a 24-hour study space for students.

"Our biggest challenge has been trying to figure out what space will be the most beneficial to students since this is ultimately for them," Gage said.

Gage said the library was a good space to focus on because it is a quiet space utilized by a lot of students.

The library also has many different resources, such as the creation studio and the computers available for students, Sleezer said, which made it equally as attractive.

"The library just has a little more to offer when it comes to studying," Sleezer said.

The group said the main thing they have to find out is if there is a need for a 24-hour study space.

The group sent out a survey to find out what the students want and from the survey results, Haut said, they will be able to figure what is the next step for their project.

"We don't want to say 'This is needed' [until we have the results]," Haut said.

"The number one concern with creating 24/7 spaces on campus is safety."

— Curtis Brundy

If the results come back and the group finds there is a need for the study spaces, then the group will propose the idea to Student Senate.

Brundy said there is quite a bit of planning that goes into a project like this and they have multiple different issues they must look at.

"The number one concern with creating 24/7 spaces on campus is safety," Brundy said.

Brundy said the way the library is structured makes it a little bit easier for the library to envision how a 24-hour system would work in that space.

With it being a big, open area where no one is isolated, there aren't a lot of safety issues, Brundy said.

They would, however, implement a security camera system and a card swipe machine to be able to access the library.

Brundy said there needs to be more conversation about it, but he suspects none of this would be very costly.

"If there's demand, it would be a matter of just taking it through the normal facility budgeting process and maybe even working with development if we have the money to make it happen," Brundy said.

Although this is a project for class, Haut said, once the class ends, if there is a real potential for this project to be successful then her group would continue working toward implementing the 24-hour study space in the library.

HSLI adds Denver location in 2017

ELLYN FELTON *EDITOR-IN-CHIEF*
ellyn.felton@wartburg.edu

After 11 years Wartburg College is expanding their High School Leadership Institute (HSLI) to Denver, Colorado this summer, Director of the Leadership Institute Fred Waldstein said.

The addition to the program comes after many years of pushing for the program, Dean of Students Dan Kittle said.

"With HSLI they [the Wartburg West National Advisory Board] have been talking about it for years wanting to do it in Denver. They think it's an area they think the college will be successful in," Kittle said.

He said the addition of Danielle Harms as the outreach director has helped move the project along.

Harms, along with co-directors of the Denver program, Brian McQueen and Anne Duncan, have been working together to create the program, Duncan said.

"There's no shortage of resources so now we're trying to figure out what's best with leadership, service and sustainability," Duncan said.

She said a document with the different ideas is getting put together and then they will turn it over to students who are hired as mentors for the program.

Duncan said the mentors will decide where they want the students to have their focus.

"Because we have the options we want to see what their ideas are with teambuilding, community engagement, leadership education and which partners they think would fit the best," Duncan said.

The ideas chosen will be the focus of the year-round projects that students in the HSLI program choose, she said.

The week-long program held during the summer on Wartburg's campus, as well as in Denver this year, will give juniors and seniors in high school a chance to learn more about leadership and implementing their projects.

After the week, students will take their projects home with them and work on them throughout the year, while connecting with their college mentor, Waldstein said.

If the students in the program put together their portfolio and send it to the college, Waldstein said they are given credit for LS 115.

"It's a great opportunity for high students to help build their resumes as they get ready to apply to colleges. It's a great opportunity for our students to get to mentor younger people and develop their own leadership skills," Waldstein said.

He said the program also helps Wartburg build connections between the community and the college campus.

HSLI helps bring students to Wartburg after they graduate, with 50 to 60 percent of the students matriculating to Wartburg.

"HSLI helps further our mission of leadership, 'taking responsibilities through our communities and making them better through public action,'" Waldstein said.

Students and mentors interested in the program and applying can go online at http://www.wartburg.edu/youthleader/.

Mentors Courtney Wikan, Whit Stahr and Jamie Harrings help bag food at Feed My Starving Children in Chicago as part of the HSLI program. — **Marketing & Communication**

Reaction to Trump

▸ **Contin. from p. 1**

Leong said we've hosted international students at Wartburg College since the 1950s.

"International student recruitment is not a trend or a short term prospect for Wartburg, it's part of the long term commitment that Wartburg has to creating an environment for a diverse population to come together and learn from each other and study."

Leong stressed that the main point she would like to get across is that commitment is unwavering.

"Our international students are part of our Wartburg family and our community and we just want to be sure that they are supported and they know that we want them here and we want them to continue being a part of our story."

While Leong and Colson have provided words of comfort and support to ease the minds of international students there is still the fear of the unknown.

"People are now realizing they can be kind of outright discriminatory towards all people," Mphahlele said. "People of color, I noticed a lot of women supported Trump and I didn't understand."

Mphahlele went on to say that while is he is still coming to terms with what the future holds he does not plan to judge anyone for the decisions they've made.

"I also live in a democracy and the people have spoken. As an international student, I can either get with it and make the most of my time here or I can just complain and run away. But I like it here so I'm probably going to stay," Mphahlele said.

Students participating in May Term classes abroad find other ways to pay for their trips. Students in the Wind Ensemble have many fundraisers in the community to afford the trip. —**Photo submitted**

May Term fee deadlines approach

JONATHON MOHWINKLE *STAFF WRITER*
jonathan.mohwinkle@wartburg.edu

May Term at Wartburg, sometimes referred to by students as "play term" is a time when students have the opportunity to be more active than during Fall and Winter Term, and for a number of students, that means leaving campus for most or all of the term.

For Dr. Mariah Birgen, a professor in the math department, it means leading a trip to the United Kingdom, called "The Historic Roots of Math and Physics in the British Isles." The class will be exploring the history of math and science in England and Scotland.

"What we're trying to do is figure out the motivation that people, society and governments have for funding science and math research," Birgen said.

Currently, Birgen has 12 students signed up to go on the trip and will take up to eight more people, as the maximum number of students is 20. As more people sign up for the trip, the overall cost per individual goes down.

"Students are splitting the cost of my airplane ticket and lodging, so the more people on the trip, the less it ends up costing," Birgen said.

One of the reasons more students tend to stay on campus during May term is the expenses that come with traveling and being gone for an extended period of time. Staying on campus is certainly the cheaper option.

"Leaving campus for May Term is more expensive, but you're only paying for the things that are necessary for you to be there. The food costs about the same as Wartburg would charge you, but students do get a refund for their room and board charges during May Term," Birgen said. "The only thing that is really dents the overall cost is flight."

Birgen also said that many lodging costs are offset by setting up homestays. This is when the college gets in contact with organizations they are going to be involved with, and the organization contacts people in the area, and finds people willing to open their homes to students. This is done at no cost, so the cost of lodging while away from campus is much less of a factor.

Despite all the ways the college attempts to reduce the overall cost of these trips for students, it is almost always more expensive than staying on campus.

Many times when a group goes on large trips, especially those overseas, efforts are made to fundraise as much as possible so that the students are paying as little as possible out-of-pocket.

Scott Eiklenborg is a percussionist in the Wind Ensemble and went on the group's tour of Europe last May.

"As a group, the Wind Ensemble held live and silent auctions, there were a couple spaghetti suppers as well. Overall, the silent auction was a big success, and everyone tried to do small things to raise as much money as we could," Eiklenborg said.

Trips like these tend to look quite expensive at first glance, but Eiklenborg said that students should consider the fact that these trips last nearly a whole month in a different part of the world.

"The overall cost of the trip to Europe was around $5,000, which seems like a crazy amount of money. It is, but for a trip that lasts an entire month, it totally makes sense," Eiklenborg said. "Especially when you consider all the work the members of the Wind Ensemble put in throughout the entire year."

Trips like this do have academic value as well.

Eiklenborg said that because the group visited a different part of the world, he earned a credit to satisfy the culture and diversity requirement that is needed to graduate.

Eiklenborg thought it was well worth spending the extra money to go on this trip because of the experiences he had while overseas with the group.

"Not only was it a superb experience, getting to see places such as the London Eye, several small towns in Germany, getting a feel for the big cities in different countries, but spending time with your friends is an amazing way to end the school year," Eiklenborg said. "Going on a May Term trip is something I would recommend to everyone at some point in their four years."

Ice rink may come to Clinton field

MICHAEL ETLER *STAFF WRITER*
michael.etler@wartburg.edu

Wartburg Student Senate is working on building an ice-skating rink on Clinton field this Winter.

Emily Laudner

Full approval for the project has not yet been met, Student Senator Colin Jacobs said.

"We're hoping to have it approved for some time in February, when we're planning a winter festival of sorts," Jacobs said.

Inspiration for the skating rink came from interest expressed by students in past years Student Senate Administrative Ombudsperson Emily Laudner said.

A project like this hasn't been attempted before on Wartburg campus.

Without the skating rink, students who wish to go ice skating would have to travel to a facility in the Cedar Falls or Waterloo area.

The skating rink would be built from packages that would be purchased by the student senate and could be re-used every year, Laudner said.

The rink would be available to Wartburg students free of charge.

"Student senate is looking to provide skates to students for a one-day event," Laudner said.

During the Student Senate meeting on Nov. 17, Laudner said Student Senate will be hosting a Winter Festival on Feb. 18.

This could be the day that students will be able to use skates that are provided if the rink is approved.

On any other day, students will have to bring their own ice skates.

Student Senate still need approval from maintenance, security and insurance before building plans can be made.

"As a Minnesotan, I'm excited to see some winter sports on campus, specifically hockey," Jacobs said.

College Calendar

Monday 11/21:
2nd seven week course: last day to declare P/D/F
Weekday Chapel
"Knights" Faith & Life Group - Knights Village Lounge 8:45 p.m.

Tuesday 11/22:
Britni Cochen-Wichner Recital

Wednesday 11/23:
Thanksgiving Break Begins - 1:35 p.m.

Thursday 11/24:
Thanksgiving
Vogel Library Closed

Friday 11/25:
Vogel Library closed

Saturday 11/26:
Vogel Library Closed

Monday 11/28:
Classes resume
Weekday Chapel

Knights of Wartburg

Joel Zimmerman

Second-year business administration major from Anamosa, Iowa. Campus involvement includes: Ultimate Frisbee and KWAR.

You'll never see me without...
My scooter.
Favorite Musician:
"Hunter Dumped Us Here."
Favorite Sandwich:
Ham on monterey cheddar.
Dream Location:
Ireland or Texas.
Hidden Talent:
State champion knife thrower.
Siblings:
Eight.
Favorite Animal:
Zebra.
Favorite Movie:
"Unbroken."
Superhero Power:
Manipulate reality.
Ice Cream Flavor:
Cookies and cream.
Pizza Topping:
Cheese.
Favorite Season:
Fall.

Burg Blurbs

Going to bed before my roommate gets back. #WorthIt

If someone brought me food, I'd repay them with a hug. #Broke

Can it be Outfly again?

This windy weather could blow somebody away.

A flower does not think of competing with the flower next to it; it just blooms. #LifeQuotes

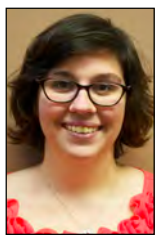
Okay life, joke is over. You can make me a millionaire any day now.

Burg Blurbs are compiled from Twitter, Facebook and Yik Yak.

Depression in College

KAITLYN WILLIAMS *OP/ED EDITOR*
kaitlyn.williams@wartburg.edu

Depression is a hard thing no matter who you are.



It's a mental illness, somethng that isn't the norm.

The key word here? An illness.

Those of us that struggle with depression cannot help the way we feel when we feel it.

I have found that having it while in college is one of the biggest struggles of having depression.

When you're at home, you most likely have your own room to go to when you need that time.

At college, you probably have a roommate.

At home you may have a pet to cuddle.

At college, you can't cuddle your fish.

I think the biggest thing about having depression at college is the "triggers."

I hate using that word because it's becoming so over used in modern society, but it's the best word.

So many things at college can trigger a depressive episode.

One of the first things to trigger my depression was classes.

I found myself struggling in one or two classes and suddenly I couldn't find my self worth.

From there, it was a giant spiral downward.

Because you don't find yourself worth it, you stop trying.

When you stop trying, you start to do worse in classes and other activities.

Suddenly, you're in a deep depression hole reaching for the light you know must exist.

Of course normal things trigger you in college too.

When you have depression, a simple "bad day" doesn't seem to exist.

The voice in your head just tells you that the bad things are a lot worse than you think and you hang onto that longer than you should.

Relationships can also trigger a depressive episode.

When a relationship ends, you think that you have no love in your life.

In my head, if that one person doesn't love me; then nobody loves me.

I know that isn't true, but when I get to a depressive episode; I don't see all the love my friends and family give me.

Recently, this has been true to me.

Six weeks ago I began to date a boy on campus and I instantly felt loved and happy.

When he broke up with me for his ex twice, my high turned to a new low.

But I began to crawl my way out with friends and now I'm healing.

Being in college made this so much harder because not only was I struggling, but I had to find the energy to keep on with normal life.

It's also hard because I felt scared to walk around campus in case I would run into him, or her or them together.

In college, people expect you to be involved.

When you have a depressive episode, it can be hard to get out of bed to go to class; much less to go to extra things.

The people that don't understand this difficulty make it even worse because they expect you to be okay and energized all the time.

College is a scary place for someone with depression.

Not only for what happens in college, but also the looming "what if" that comes after college.

As senior year begins to wind down, I'm finding myself depressed about the future and leaving the Wartburg bubble.

It's a scary world, but I'm learning how to deal with it.

I'm learning that I have people on my side and places I can turn to when I need help.

I'm learning that when I fall into a depression hole, I'm not crawling out on my own.

I want everyone to know that it's okay to have a mental illness.

It's okay to fall into depression.

I have hit lows recently I haven't hit in ages and I have survived.

You will too.

We can survive together.

If you are struggling with depression, the best thing to do is get professional help.

Counselling services in Pathways is a great option for students on campus.

If you are scared to reach out for professional help, feel free to reach out to me.

Creating new opportunities

MEG HARPER *NEWS EDITOR*
meg.harper@wartburg.edu

My first couple years at Wartburg I learned more about myself than

I ever thought I would.

I learned that I am strong and independent and way more self-confident than I allow myself to believe.

I also learned that I limit myself. I realized I have more to give and more that I could be doing to actually make a difference.

So, I decided to look for an opportunity to contribute more to the campus that has given me so much. And I found it.

The National Society of Leadership and Success (NSLS) is the largest collegiate leadership honor society in the country. The Society's goal is to provide student leaders with the tools they need to make a positive and unique mark on our world.

In other words, to "build leaders who make a better world."

When I found the society online I realized this was my chance to make a difference on campus by providing Wartburg with a unique and beneficial opportunity like nothing else they have on campus.

I took initiative and applied for an internship with the Society. I got the internship and went to Newark, New Jersey for an intern retreat.

I have spent the past few months organizing an executive board, searching for an advisor and completing the application to become a registered student organization at Wartburg.

In two weeks, I'm hoping my months of hard work will pay off and student senate will approve Wartburg NSLS as an official student organization.

After the organization is approved, we will begin inviting members to join the society and hosting events on campus.

We have some amazing things planned for second semester including live speaker broadcast events with Anderson Cooper, Barbara Corcoran, Hoda Kotb and Mario Batali.

I'm excited to share these opportunities with my fellow peers.

If I've learned anything from this experience it's the importance of taking initiative and actually taking the steps necessary to accomplish your goals.

We at Wartburg are incredibly lucky to have the opportunities we do. Take advantage of these opportunities and get involved outside of your major and outside of your comfort zone.

Because that is truly what will make your life and your experience here at Wartburg "Worth It."

Trumpet

Produced weekly by students at Wartburg College, 100 Wartburg Blvd. Waverly, Iowa 50677

Ellyn Felton, *Editor-in-Chief*

Meg Harper, *News Editor*

Ellyn Felton, *Asst. News Editor*

Kaitlyn Williams, *Sports Editor*

Gabrielle Olejniczak, *Asst. Sports Editor*

Kaitlyn Williams, *Op/Ed Editor*

Cliff Brockman, *Faculty Adviser*

Maya Weatherall, *Knightlife Editor*

Brett Schwickerath, *Graphics Editor*

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 400 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to ellyn.felton@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Dance away to help save a child's life

EMILY RUSSELL *STAFF WRITER*
emily.russell@wartburg.edu

Wartburg College Dance Marathon is part of a nation-wide movement that benefits Children's Miracle Network Hospitals by raising money that goes directly to the University of Iowa Stead Family Children's Hospital in Iowa City.

"We spend the whole year fundraising money and we then have a large event at the end of the year," Lacie Sleezer, Wartburg College Dance Marathon executive, said.

"Last year we raised a little over $55,000 and this year we have a goal of raising $60,000."

At the big event at the end of the year, there are many games and activities, as well as local miracle kids and their families that are treated down in Iowa City.

"I got involved with Dance Marathon my freshman year because I had known of other people who participated in the University of Iowa's Dance Marathon and it looked really fun. It has been one of the best experiences that I have ever been a part of," Sleezer said.

Anne Buscher and Anna Latcham are also on the Wartburg College Dance Marathon Executive Team.

"Hearing the family stories and seeing the kids that had been treated at the hospital was truly inspiring to me. I wanted to do more so I decided to join the executive team. Dance Marathon has truly changed my life," Latcham said.

"My first year I signed on as a dancer and instantly following the large event, I applied for the executive team. I saw the miracles that Dance Marathon created, I saw the positive impact the hospital and Dance Marathon had on these kiddos and their families and I knew that one day it could very easily be my child needing treatment at U of I," Buscher said.

"Wartburg College Dance Marathon was able to have its name on a prep and recovery room at the new Children's Hospital in Iowa City because they raised the $25,000 it took to make the room possible," Buscher said.

The money didn't come from the college. It strictly came from the money Wartburg College Dance Marathon raised.

"Having this room with Wartburg College Dance Marathon's name on it is amazing. Sometimes it's easier to understand the impact you're making when you are able to actually see what the money is doing for the families," Sleezer said.

Wartburg College Dance Marathon is part of a nation-wide movement that benefits Children's Miracle Network hospitals by dancing the whole day to raise money that goes directly to the University of Iowa Stead Family Children's hospital in Iowa City. —**Trumpet file photo**

Members of Wartburg College Dance Marathon had the opportunity to visit the new room in the hospital and cut the ribbon to officially open it.

"To be able to see a new facility that will literally change the lives of so many people was absolutely amazing," Latcham said.

"To see the work we had done, and will continue to do as an organization, be put into something so meaningful to miracle children and their families will be a memory I forever cherish," Buscher said.

It will be the ninth year Dance Marathon has been put on at Wartburg.

"Wartburg having Dance Marathon as an organization and having an event put on each year is amazing. It lets students be a part of something that is so much bigger than themselves," Sleezer said.

Wartburg College Dance Marathon is open to any student.

"To anyone who is considering doing Dance Marathon here at Wartburg, I'd say just do it. You won't regret your decision and it will completely change your life and the way you look at things," Sleezer said.

"Twelve hours seem like a lot, but I promise you that it is completely worth it when you hear family stories and the impact that you are having on so many kids," Sleezer said.

Students can reach out to Wartburg College Dance Marathon at wcdm@wartburg.edu.

Wartburg's Social Work club will be preparing for their 30th annual Holiday Shoppe on Dec. 5 and 6. The Holiday Shoppe is for families in the Cedar Valley who are suffering from poverty. —**Submitted photo**

Helping families celebrate Christmas

ELLYN FELTON *EDITOR-IN-CHIEF*
ellyn.felton@wartburg.edu

Wartburg College's Social Work Club is preparing for their 30th annual Holiday Shoppe on Dec. 5 and 6.

The Holiday Shoppe is for families in the Cedar Valley who are suffering from poverty, Kennedy Haut, the event coordinator, said.

"We had a low number last year of 134 [families] and are hoping for over 200 families this year," Haut said.

She said they go through the Department of Human Services to receive the list of names to handwrite letters to the families inviting them to attend the event.

Abigail Schaper, the student coordinator of the event said, this year they sent over 700 invitations to the event.

"We spend hours addressing letters to send out and it's our hope that people utilize it," Schaper said.

Schaper said the project coordinator Lynn Peters began planning the event for students in January. Schaper said that he decides who is going to be the student coordinators from the junior and senior class at the beginning of the school year.

She said that the Social Work Club, who plans the event, coordinates with many people in the community for the event. They connect with past owners, businesses, service organizations, and Redeemer Lutheran Church, where the event is held, Schaper said.

While they have worked somewhat with the college in the past for the event, this year she said they are trying something new.

Haut said this year they want to get anyone on campus involved, so they have been focused on reaching out more to other organizations at Wartburg who are looking for an opportunity to volunteer.

Schaper said one way students can do this is by looking for event trees around campus with ornaments on them. People can then take one and buy the gift that is on the ornament, then wrap it and place it underneath the tree for a person in need.

The Social Work Club goes shopping the Saturday before the event to buy gifts with monetary donations to get extra gifts so they have enough, Haut said.

Schaper said any extra gifts left over have been given to Bremwood and Cedar Valley Friends of the Family in the past. This year, she said they have gotten rid of presents left over by doing this and hopes it will give the shoppers some new options.

She said each family that is invited receives two gifts per child, a family game and some other stocking stuffers.

"I'm excited to see it all come together," Haut said.

"Sometimes it can be emotional [helping families] but it is so rewarding to get done with the Shoppe and you wish them a Merry Christmas or help them take their gifts out to their car," Schaper said.

"They just give you a hug and say 'bless your heart for helping us.' That is a traditional experience."

Don't lose sight, go to Pathways

SAM SIDES *STAFF WRITER*
samuel.sides@wartburg.edu

Wartburg College's Pathways Centers helps seniors find a job post graduation and figure their career.

"What we try to do is think about the individual and try to develop a plan," Derek Solheim, Pathways director, said.

Solheim said plans are not based on what you want to do as a first job, but what your end goal is.

"Pathways staff work with you to look backwards from your goal and see what kinds of steps you can take to get there," Solheim said.

Solheim said that alumni play a part in the plan, as well.

"If you come in and say 'I'm really passionate about working in Kansas City,' we would go out and identify alums in the Kansas City market, and then help you find their contact information so that you can begin to make a network of people," Solheim said.

Pathways isn't the only way to establish a network. Senior Sophia Corpstein landed a job as an executive team leader for Target last summer.

"I spoke with my friend about her experience and what she thought of it," Corpstein said. "I liked what she did and the knowledge she gained, because it was a lot more than just about Target, but more about how to be a better leader in general."

Corpstein said that she met with the people from Target about an internship at the career fair on campus last fall, and landed a phone interview a couple of days later.

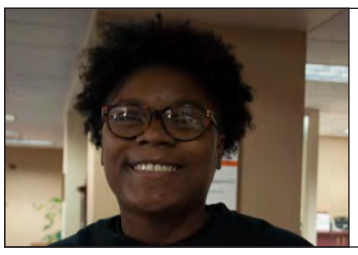
When it comes to getting a post-graduation job secured, both Solheim and Corpstein gave the same advice: Start networking, and start now.

"Just talking to people changes a lot of different things," Corpstein said. "You have a lot more resources than you realize."

89.9 fm kwar your sound
LISTEN ONLINE AT:
http://wartburgcircuit.org/kwar/

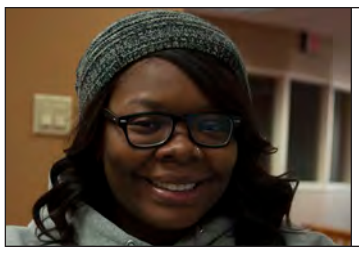
Pizza Hut
Large 1-Top Pizza
$7.99 with college ID
Redeem this code online:
7137
319•352•5591

What are you thankful for?



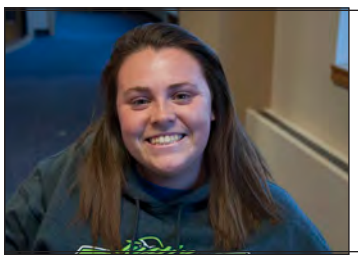
"I am thankful for my mom, my family and Wartburg College."

— Camille Baker



"I am thankful for my family for being so supportive and my great friends who love me for who I am."

— Jeannie Dees

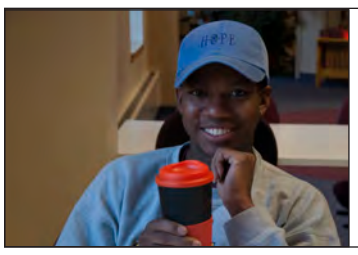


"I am thankful for the education I am getting, my friends and my family."

— Sarah Roberts

"I am thankful for my family and friends."

— Leif Olson

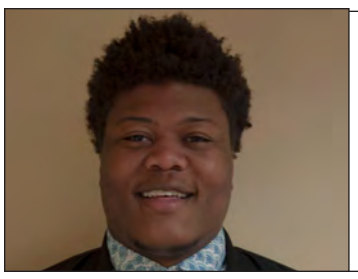


"I am thankful for coffee and friends."

— Trayvone Gray

"I am thankful for family, friends, and the opportunity to get an education and attend Wartburg College."

— Candace Baker



"I am thankful for my daughter and my family."

— Brandon Peacock

"I am thankful for not only just my family, but my friends as well and everything good that happens in my life."

— Taylor Webb

— **Maya Weatherall**/*TRUMPET*

Diversity on Campus

MEGAN STEPHENSON *STAFF WRITER*
megan.stephenson@wartburg.edu

Many students and leaders at Wartburg College are fighting against the issues surrounding diversity through conversation and involvement in student organizations.

Bringing students from all backgrounds together to discuss important topics is a stated goal of many leaders of organizations on campus.

Naomi Alene, executive assistant for Diversity at Wartburg College, said that her involvement allows her to work to teach other students about diversity and what it means to live in a diverse world, as well as ways to make an impact on the community.

Alene said that people across the nation are facing the challenges that come with diversity. With a spike in hate crimes, many are beginning to live with a day to day fear of being harmed, discriminated against, or rejected.

"Diversity is the existence of differences as well as the acceptance of them and while Wartburg does have a lot of students from different backgrounds, I don't think that there is a lot of inclusion here," Alene said.

With the presence of organizations on campus such as the Wartburg Alliance, Black Student Union and the International Student Club, Wartburg College is providing students with the opportunities to explore the idea of diversity and learn more about themselves and their peers along the way.

Alene said that open mindedness will help to clear up the division that is present on campus.

"Not a lot of people are open-minded, but I think the diversity organizations can change that. If people intentionally tried to be involved and understand other cultures, a lot would change... "

—Naomi Alene

"Not a lot of people are open minded, but I think the diversity organizations can change that," Alene said. "If people very intentionally tried to be involved and understand other cultures, a lot would change."

Although there are movements to make this change, many students still feel unsafe and unsecure due to the actions taking place across the nation.

Michelle Hahn said that she thinks that a lot of minorities still feel scared or threatened, especially after the elections.

"I feel like the elections did reunite the campus, though," Hahn said. "We are making it more inclusive for people of different backgrounds."

Not every campus is seeing its students stand so united, though.

Esmeralda Alarcon said that from what she sees on social media, there has been a recent rise in hate crimes and discrimination across the nation.

"People aren't willing to accept diversity right now," Alarcon said. "People are skeptical and hateful when it comes to not understanding something and that's the sad reality of things."

Conversation between students has been sparked at Wartburg and many are seeing this as an opportunity to take a step in the right direction.

Alene said she encourages students to get involved in different organizations that have different personalities and cultures.

She said she knows that not everyone can change their background or how they were raised, but they can attempt to become more open minded.

"I do have hope that all of this is just a part of the process of a revolution," Alene said. "I have hope for change. It just takes everyone working together in the end."

Seth Hestness (right) will be playing in Mexico with the Stars and Stripes team. He will join other Division III players across the nation who also have the opportunity to play.—**Trumpet file photo**

Football turns red, white and blue for college football player

TYLER METCALF *STAFF WRITER*
tyler.metcalf@wartburg.edu

The annual Tazón De Estrellas Bowl is held in Mexico every year. This year, representing the Stars and Stripes team is Seth Hestness.

New to the training room this fall was Rachel Cassens, who asked Hestness if he wanted to play. Cassens had a few connections that led to asking him, and Hestness said after some thought, he wanted to play another game of football.

Aside from the football aspect, Hestness is looking forward to the trip.

"It'll be kind of cool just wearing a jersey that says USA on it," Hestness said.

Hestness will be playing with Division III football players across the nation who have the opportunity to play as well.

Offensive Coordinator for Wartburg, Matt Wheeler, had the opportunity in his playing days to play in the Tazón De Estrellas Bowl as well.

"I'm excited for Seth to get this opportunity to play in Mexico. He's well deserving of it. He's worked hard his whole career," Wheeler said.

Wheeler said that the team they will be playing will be Mexico's best team.

"If there was football in the Olympics, this is the team Mexico would send to the Olympics," Wheeler said.

Tight ends coach Adrian Norris was on the staff for Hestness' last two seasons. He said that Hestness is very deserving of this opportunity.

"To me, the thing he did better than just about anybody was play harder than anybody," Norris said. "He knew that was what he had to do to be successful and was critical on himself so he continued to push himself."

While Hestness may have pushed himself, he said that he couldn't have done it without the football coaching staff.

Football celebrates winning season

GABRIELLE OLEJNICZAK *SPORTS EDITOR*
g.olejniczak@wartburg.edu

The 2016 football season for the Black and Orange ended with a 42-14 win over the Buena Vista Beavers and a 24th consecutive winning season for the Knights.

Head Coach Rick Willis, who has been coaching for 18 seasons, said the streak started in 1993 and is something that everyone in the Wartburg football program is proud of.

"There are so many people over that period of time that have contributed to that [24th consecutive winning season] being able to happen," Willis said.

He said many talented and committed players, student athletes and coaches have helped contribute to the success of the program over the years.

"The level of consistency is something to be proud of," Willis said.

While what has been accomplished at Wartburg is highly impressive, the college is among a handful of Division III schools across the country that have had high numbers of consecutive winning seasons in football.

Senior football player Justin Livingston echoed Willis' thoughts about the success of the program.

"The two things that come to my mind about Wartburg's continued success are the coaching staff and the culture of the football team," Livingston said.

"Without Coach Willis and the rest of the coaching staff, the football program would not be where it is today and would not have 24 consecutive winning seasons."

This season the team went 6-4 overall and 5-3 in Iowa Conference play.

"I think the main thing the team did well this season was being able to fight when things were not going our way," Livingston said.

"There were many adverse situations throughout the season and being able to overcome the obstacles is what really allowed us to end up with a winning season and continue the streak."

Livingston credits much of the team's success to the culture of the team.

"The culture instilled in the program is what causes us to come out each year aiming to achieve high goals and having the intensity to work on those goals and maintain the traditions of the football program," Livingston said.

The Knights ended their season with a 42-14 win over the Buena Vista Beavers. This is the 24th consecutive winning season for the team.—**Meg Harper/***TRUMPET*

Willis said the team's main focuses this season were on continually attempting to improve from week to week, making sure the team was getting better as well as that the players were individually improving throughout the year.

He said they try to focus on the process instead of the product.

"The product is winning the game or what your record is at the end of the year, but the process is how you go about things, how you practice, how you prepare in the off-season and how you prepare week to week," Willis said.

Willis said he's always believed that if you do a good job with your process, that the product will take care of itself.

"That's kind of the way we have always tried to function and the way we think about it, and we seem to have results," Willis said.

Seniors reflect on season

KAZ ONOO *STAFF WRITER*
kaz.onoo@wartburg.edu

With Wartburg's men's and women's soccer teams' seasons coming to a close, senior captains reflect on their careers at Wartburg and explain how their teams have impacted and prepared them for the real world after college.

"One big lesson I learned at Wartburg is if you really want something you're going to have to work hard to get it."

— Paris Martins

Men's team captain, Paris Martins, said while the season didn't end up the way he would've liked, he feels he has much more to take away from his time at Wartburg than just a disappointing ending.

"One big lesson I learned at Wartburg is if you really want something you're going to have to work hard to get it and even then you might still fall short," Martins said.

Women's team captain, Olivia Jansen, said some things she will take with her moving forward are team work, how to work hard and how to push herself past her limits.

"This year specifically I was a co-captain with Taylor Evans, It really taught me how to be a better leader," Jansen said.

Paris Martins plans to try out for professional soccer teams in Puerto Rico and Sweden. —**Trumpet file photo**

Women's soccer head coach, Tiffany Pins, said she is proud of the season her team put together and is happy with the leadership seniors on the team exemplified throughout the year.

"The seniors have a really big impact on the program, obviously we have set captains for our team but regardless of if they have the title or not I believe in some capacity they are going to lead and I need them to lead," Pins said.

The Knights will graduate four seniors from the women's team and seven from the men's.

"They're the ones who set the tone, and really kind of gave the team a vision of how the season is going to go," Pins said.

While these seniors' soccer careers are coming to a close, younger players are preparing themselves for the next season. Pins said they have already begun the process of selecting individuals to take on leadership roles and team captains will be set before winter break.

Jansen and Martins said if they could give one piece of advice to incoming freshmen and younger teammates it would be to enjoy each moment and to take nothing for granted.

"Even in high school I never took it seriously when people said college would fly by, but then you get here and you look back and realize it's finally your last year," Martins said.

Jansen said she is excited to compete in alumni activities with her fellow seniors and is looking to follow up with her previous internship in Nashville, Tennessee.

Martins said he will continue to pursue a competitive career in soccer and will be competing in Michigan with a NPSL team following graduation. Martins also intends to try out for professional teams in Puerto Rico and Sweden.

"I just hope moving forward I can make it to the next level and look back on these guys and be able to say they've changed my life for the better," Martins said.

Teammates tackle school and sports

TYLER FRENCH *STAFF WRITER*
tyler.french@wartburg.edu

Wartburg's Brayton Brandt and Joe Stearns were two football players from the Midwest named to the College Sports Information Directors of America (CoSIDA) Academic All-District Teams.

Brandt majors in economics and business administration and Stearns is a biology major. Stearns said he would try and be a great student with or without the award, but the award is an added incentive.

"It's humbling and a huge honor to be recognized for something like that," Stearns said.

Both have GPA's above 3.9 while also serving as a key members of the team, Stearns as a major rotation member on the defensive line and Brandt as the team's kicker.

Brandt said the key to getting strong grades in college is all about time management and he agrees with the statement of "academics come before athletics." He said the biggest difference between athletics and academics is in sports you have your coaches to motivate you, while with studying you have to motivate yourself.

Wartburg head coach Rick Willis said the team is always excited when student athletes can find the balance between school and sports.

"It is great as coach to be able to point to them as an example that you can be successful academically and athletically," Willis said. "It's a demonstration of how to try and excel at everything you do. I am very happy for these guys and it's a huge honor for them."

Last year, Stearns served as a supplemental instruction leader for a biology course. He said leading an SI added even more of a time constraint as he not only had an on-campus job, but also had to keep up with the biology class and stay on top of work in his own studies.

Stearns said one of his favorite things about being named to the team is that his twin brother, Jake who plays at Simpson College, was also named to the same team.

Willis said Stearns and Brandt had big impacts on the team this year and both of them have set great examples for others to follow in regards to how you go about managing your time and making academics a priority.

Stearns said one of the biggest obstacles athletes have to overcome is distractions, whether caused by oneself or by people around you.

Brandt agreed with Stearns' comment and said athletes need to remember why they are in college.

"You have your commitment to football, but the real reason we are here is to get a degree. Football is a part of it but it's a privilege," Brandt said. "You've got to focus most of your time on school and make sure you can shift gears when you need to."

Basketball kicks off season

TYLER FRENCH *STAFF WRITER*
tyler.french@wartburg.edu
SAM SIDES *STAFF WRITER*
samuel.sides@wartburg.edu
KAITLYN WILLIAMS *OP/ED EDITOR*
kaitlyn.williams@wartburg.edu

Clifton Brown takes a rebound in their season opener against Grinnell on Tuesday. The team won 126-100. Brown scored 14 points in that game. —**Marketing & Communication**

Men's (3-0) and women's (2-0) basketball teams are undefeated after their first week of play.

The Wartburg Knights men's basketball team took home the 2016 Buzz Levick Tournament championship after upsetting the number 21 ranked University of Wisconsin-Oshkosh Titans 83-72 on Saturday afternoon.

The win was the first time Wartburg has won their own tournament since 2014 when they beat the University of Wisconsin-Superior. It is also the best start to a season since that 2014 season, 3-0.

After trailing 43-33 at halftime, the Knights offense came out firing on cylinders going on a big run to end up taking the lead.

The game would then go back and forth for much of the second half. Wartburg finally took the lead for good with 11:35 left on the clock.

The Black and Orange were led in scoring by junior guard Nate Woeste, who finished with 17 points. He was joined in double-digit scoring by sophomore Jaran Sabus, 15 points and senior Jordan Cannon, 10 points.

Sabus scored in double figures for the third straight game to start the season.

He helped show the development he has gone through in the off season. Sabus finished last season averaging 6.8 points per game.

They got there by topping Marian 90-83 in the first round of the tournament on Friday night.

The Knights took an early lead that they refused to relinquish with the largest lead with 19 points.

The halftime score was 48-36.

Marian tried to fight back in the second half to no avail bringing the Knights their second win of the season.

Jordan Cannon had 22 points, Jaran Sabus had 19, Nate Woeste had 15 and Nick Webber had 14.

Clifton Brown was the top Knight of rebounds with six.

Every active player on the roster scored on Saturday as the 10th-ranked Knights women's basketball team took down Edgewood College by a score of 87 to 29.

Aryn Jones made her 2016-17 basketball debut against Edgewood after being inactive for the season opener due to volleyball conflicts.

She scored 11 points and blocked three shots in 11 minutes of action off the bench.

Freshman Emma Gerdes led the way scoring 14 points off the bench for the Black and Orange

The Knights dominated the Eagles in every facet of the game. They out-rebounded Edgewood 42 to 26, forced 28 turnovers and stole the ball 14 times. Twenty-six shots were made off of assists.

The win against Edgewood marked Coach Bob Amsberry's 300th career win.

Both teams will travel to take on Bethany Lutehran College on Tuesday.

The women will return home on Saturday to take on University of Wisconsin-Eau Claire.

Bagge becomes a success in first season

JENNA WINTER *STAFF WRITER*
jenna.winter@wartburg.edu

Senior cross country runner Ashlyn Bagge decided to make the most out of her first and final season.

She had never participated in cross country before but had great success this year.

"My goal was to help the team as much as I could and help them reach their goals," Bagge said.

Bagge said that she did well at her first meet and then kept meeting all of her personal goals through the post-season.

Her conference goal was to be in the top five. She placed third.

Bagge said she just wanted to qualify for the championship meet by placing in the top seven and went on to place fourth.

"We always want to push each other and be the best we can be."

— Ashlyn Bagge

When it came to the championship, she suprised herself once again.

"I did better than I could've imagined," Bagge said about her 16th place finish.

Although it was Bagge's first cross country season, she said she has been running for about three years, especially during last summer.

"I really have to work on my speed because I've been working on half marathons for the past few months. I've ran half marathons at a good pace. What's different about other girls is that I don't have as good of a kick at the end, but I can beat them with my endurance," Bagge said.

In a women's 6K cross country race, there's time to gain distance on competitors.

For Bagge, about 3.5 miles is short, but the type of running is different.

She was training for half marathons, not 6Ks.

Bagge said girls she was friends with had tried to get her to go out for the team before, but when Coach Chapman talked to her, she changed her mind.

"Coach Chapman saw me doing the workout class [60 minute cardio] and asked his wife who I was since she does the same workout class. He was watching me and saw that I was doing really well. He sent me a really nice email. I didn't think it'd work because I already had my schedule pretty set, but he said he could be flexible with it. I was surprised he was so flexible. I only have seven months left so I might as well make the most of it," she said.

Bagge said her teammates were great to her, even though it was only her first season.

Ashlyn Bagge placed 16th at the NCAA national championship this past weekend. This is Bagge's first season. —**Submitted photo**

"I love how their season is technically done, but literally everyone was there [at the final practices before Nationals]. Everyone was really happy and excited to be there. I seriously just love the girls. They make it fun," Bagge said.

One of Bagge's teammates, Dakota Tell, was very happy she decided to join the team.

"I love that Ashlyn joined the team. She fit right into our cross country team and really has helped push us to success each and every day. She is a great team player and always has a positive energy in practice," Tell said.

She said that there weren't any problems with her being a first-year runner, as Bagge was ready for the challenge.

Bagge is incredibly thankful for her teammates, coaches and everyone else who has helped her this season.

"We always want to push each other and be the best we can be," Bagge said.

WEEKLY SCHEDULE
Tuesday - Nov. 22
WBB at Bethany Lutheran, 5 p.m.
MBB at Bethany Lutheran, 7 p.m..
Saturday - Nov. 26
MBB at UW-Eau Claire, 2 p.m.
WBB at Governors State, 3 p.m.

IIAC WRESTLING STANDINGS		
Central	1-0	1-0
Wartburg	1-0	1-0
Dubuque	1-1	1-0
Loras	1-1	0-0
Buena Vista	0-0	0-0
Luther	0-0	0-0
Simpson	1-2	0-1
Coe	0-1	0-1
Neb. Wesleyan	0-2	0-1

IIAC MEN'S BASKETBALL STANDINGS		
Buena Vista	2-0	0-0
Central	3-0	0-0
Coe	2-0	0-0
Dubuque	1-0	0-0
Neb. Wesleyan	2-0	0-0
Simpson	2-0	0-0
Wartburg	3-0	0-0
Loras	2-1	0-0
Luther	0-3	0-0

IIAC WOMEN'S BASKETBALL STANDINGS		
Central	2-0	0-0
Coe	1-0	0-0
Wartburg	2-0	0-0
Loras	2-1	0-0
Simpson	1-1	0-0
Dubuque	1-2	0-0
Buena Vista	0-2	0-0
Neb. Wesleyan	0-2	0-0
Luther	0-3	0-0

CROSS COUNTRY RESULTS
The men's cross country team placed 21st at NCAA Championships.
Eli Kaczinski: 45th, 25:03.8
Jerry Frawley: 110th, 25:27.8
Kailas Kokare: 131st, 25:35.6
Caleb Appleton: 161st, 25:48.9
Lee Scott: 221st, 26:21.1
Aaron O'Leary: 235th, 26:26.3
Joel Toppin: 252nd, 26:45.6

Ashlyn Bagge placed 16th at NCAA Championships.
She was named All-American along with the other top-35 runners.
Bagge is the 12th female All-American in Wartburg history and first since the 2013 season.
This is the highest finisher since Sammi Bruett's 14th place finish in 2012.
Bagge's time places her second in program history behind three-time NCAA champion Missy Buttry.

WRESTLING RESULTS
Wartburg wrestling defeated Simpson 41-4 on Wednesday to open their dual season.
The team competed at the Concordia Wisconsin Open Saturday.
Individual Results:
125: Arnulfo Olea, 1st
133: Dusten Reed, 1st
149: Cross Cannone, 3rd
157: Logan Thomsen, 1st
Brady Meyer, 6th
184: Byan Levsen, 1st
Tyler Lutes, 6th
197: Kyle Fank, 3rd
Bowen Wileman, 5th
285: Lance Evans, 1st
Kaleb Staack, 3rd